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APRIL 2001

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Delhi Network

Board Members

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President	Jeannine Grant	614-2672
Vice President	Bridget Edwards	665-2578
Secretary	Philippa Fuller	680-9696
Treasurer	Wei Lan	665-2614

Committee Chairpersons

Charity	Minnie Butalia	649-5251
Diplomatic Liaison	Leena Hanevold	688-5508
Handbook	TBA	
Membership	Carola Lueth	410-3910
Newcomers	Sue Kalirai	680-5672 9810162272
Newsletter	Laura Jorgensen	611-3739 98100-73530
	Shelley Tait	410-3920 98112-29230
Office Manager	Sandra Fruhstuck	435-3220
Programs/Social	Jackie van Ommen	680-2136
	Symran Wasser	9810092725
Delhi Network Office		679-1234 ext.1505

Delhi Network is a non-profit organisation whose main purpose is to support the expatriates living and working in New Delhi. Everyone on the Board and the committees volunteer their time.

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Shelley and I would like to thank Kathy for the superb job she has done producing the magazine this past year. She has spent many hours at the computer when she would have rather been on the golf course I'm sure. She has also spent a lot of time with Shelley and myself trying to teach us this onerous job which we will try our best to do over the next few months.

We are still looking for a more computer literate person than ourselves to take over this position and we can help when we are here.

Remember we are all **volunteers** and **amateurs**!

We would appreciate any **constructive help** members can give us.

Laura Jorgensen.

DEADLINE to submit for May 15th issue.

Articles, notice board etc.: Friday 4th May.

Advertisements, April 30th.

Thank you

Delhi Network meetings are held on the third Tuesday of every month at 10 a.m., at the Hyatt Regency Hotel. Entrance to a meeting is Rs 150 for members and Rs 200 for non-members. Annual membership is Rs 300. You can become a member at any monthly meeting or at the Delhi Network office.

Delhi Network Handbooks are available for purchase at all meetings or at the office: cost Rs 300 for members and Rs 400 for non-members.

The Delhi Network office is located in the Hyatt's Shopping Arcade. The Office Manager is Sandra Fruhstuck. Office hours are 10 am to 2 pm, Monday to Friday. Stop in for free advice, a newsletter or a Delhi Network Handbook if you missed the last meeting, or to drop off your newsletter contributions. We are seeking volunteers to work in the office. If you're interested (and it is a good way to meet new people), contact Sandra.

Delhi Network does not necessarily endorse or recommend the businesses advertised in this newsletter and the Board claims the right to refuse any advertisers who have had several complaints made against them by our members.

From Your President

From Your New President

I am sitting here with my suitcase packed, waiting for the magic hour when we can head for the airport. Not running away from my responsibilities as President, I assure you, just taking my dear husband back to Scotland for a break.

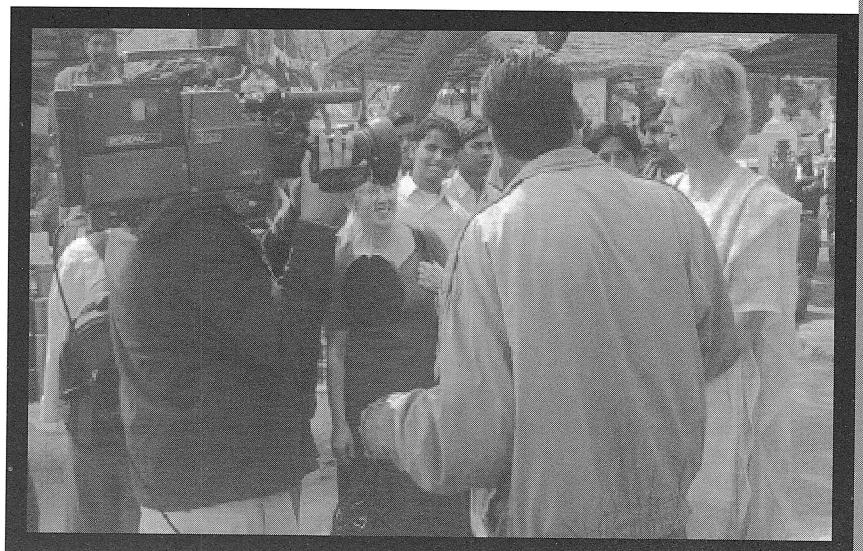
Me, President, I must say the thought is rather daunting; Brenda will be a hard act to follow. It has been a pleasure working with her for the past year, so level-headed and sensible, and a great friend too. Thank you all for ensuring the elections of the new board went so smoothly, after the rather tense meeting last year we weren't sure what to expect. I felt the atmosphere was much more relaxed; maybe it had something to do with the stimulating talk on Feng Shui preceding the elections!

I am sure your faith in the new board will be justified, all the new Committee members are keen and raring to go- so much so the Vice President, President and Treasurer are all deserting you for the April meeting. One of the reasons I agreed to "upgrade" so to speak, is the fact that the existing members of the committee are so competent, I know they are more than capable of organising the meeting without us.

Our next big function will be "The Shop 'til You Drop", to be held on May the 5th. The organisation is well under way, and I hope you will approve on our choice of vendors. A lot of them have not been to Delhi Network before. This will be a good chance for all of you returning home to escape the heat of the Delhi summer, to stock up with interesting presents to take with you.

Well I think I can hear the taxi outside, so I will have to go. I leave you with a picture of our past-president, being interviewed by "Zee TV" last month, the fame of Delhi Network is spreading!!!! Have a good Easter, wherever you are, I will think of you while I am wrapped up warm, walking round the Isle of Skye (a small but beautiful island off the west coast of Scotland) with my dogs, or sitting in front of a roaring log fire, while the rain beats down---- can't wait.

Jeannine.



Neighbourhood Co-ordinators

Support Groups by Nationality

Your co-ordinator is here to help you settle into your new home. Give her a call and introduce yourself and find out who else lives in your area and when the next meeting is going to be held.

AREAS	CO-ORDINATOR	PHONE
Vasant Vihar/ Vasant Kunj	Nora Twycross	612-2318
West End/Shanti Niketan/ Anand Niketan/Aradhana Enclave/Safdarjung Enclave	Vacant	
Chanakyapuri Barakamba Road	Bernadette MacDonald-Raggett	687-2161 Ext: 2328
Greater Kailash I & 2 Neeti Bagh/Gulmohar Park Defence Colony/Udai Park Anand Lok	Kate Schaller	464-5154
Jorbagh/Golf Links/Sunder Nagar Prithviraj Road/Aurangzeb Rd.	Judit Stowe	9811210438
Pansheel Park/ Haus Khas/ Green Park/Padmini Enclave/ Shivalik Navjivan Vihar/ Qutab Enclave/Mayfair Gardens/ Sarva Priya Vihar	Risham Chawla	649-7025
New Friends Colony/ Friends Colony East/ Friends Colony West Maharani Bagh	Trudy Brasell-Jones	632-3422
Sainik Farms	Vacant	
Chattarpur/Jonapur/Gadaipur	Susan Kalirai	680-5672 98 101 62272
Bijwasan/Rajokri/Surpriya Vihar Gurgaon	Alicia Odedra	506-4777

For more information, please contact Carola Lueth at 410-3910.

American Women's Association (AWA):

American passport holders or their spouses can join. Call the AWA office at 419-8000 ext. 4131 or 8509 between 9 am and 4.30 pm Mon-Fri. Talk to Barnali or an AWA officer.

Australia and New Zealand Association:

Call Margaret Kovac on 688-8223, ext. 226, or Judith Twine on 410-9637.

British Expats Group:

Contact Sylvia Johnson on 460-3851.

Nederlandse Vereniging New Delhi:

Organiseert diverse evenementen en een maandelijks borrel. Als je lid wilt worden, of gewoon informatie wilt, bel Wilbert Husselman op 4465-4048 (res), of Patrick Anthnio, 680-7990.

NORA (Nordic Association)

Website: www.noraindia.com

Contact names:

Eva Dieden (Sweden) 419-7100 (0)

Nina Berg Kjellerhaug (Norway)
467-4887

Majbritt Erlandsen (Denmark)
649-3842

Kati Van Heyningen (Finland)
689-5471

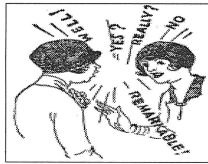


**Please, we need your contributions for the newsletter.
Send them to Shelley Tait at taid@ndf.vsnl.net.in and
Laura Jorgensen at jorgensenlaura@hotmail.com .**

THERE ARE STILL 2 VACANCIES FOR NEIGHBOURHOOD LEADERS. IF ANYONE WOULD LIKE TO VOLUNTEER , PLEASE CONTACT CAROLA LUETH FOR MORE INFORMATION.

Dates for Your Diary

Tuesday 17th April
Delhi Network Meeting
Hyatt Regency
10 12



Programme:
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25, 26, 27 April
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I am of Ireland,
And of the holy land
Of Ireland.

Good sir, pray I thee,
For of saint charity,
Come and dance with ne
In Ireland

Anon (14th Century)

Tickets available from Bernadette,
687-2161, Ext 2328,
or at the April 17th Meeting.

Please note that on every third Tuesday for the Delhi Network meeting the Hyatt Regency are pleased to offer you a 20% discount on food only in all the restaurants except the Sidewalk Pastry Shop. This offer will be valid for lunch only. Effective April 2001 through December 2001.
(These discounts cannot be clubbed and only one discount will apply at the time.)

THE ORANGE BALL

AT THE
ROYAL NETHERLANDS EMBASSY

DATE:- 27TH APRIL
TIME:- 8.30 ONWARDS
DRESS:- CASUAL/ORANGE

Tickets available from:-
Raymond Vasser 9810411175
Wilbert Husselman 9810082802

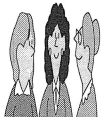
THE MAY BALL **B.H.C**

AT THE
HYATT REGENCY HOTEL

DATE:- FRIDAY 4TH MAY
TIME:- 8 P.M.
DRESS:- FORMAL

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Or at the April 17th Meeting

Tuesday 15th May
Delhi Network Meeting
Hyatt Regency
10 12



Programme:- YOGA
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Unheard they cry
In agony they linger
In silence they die"*

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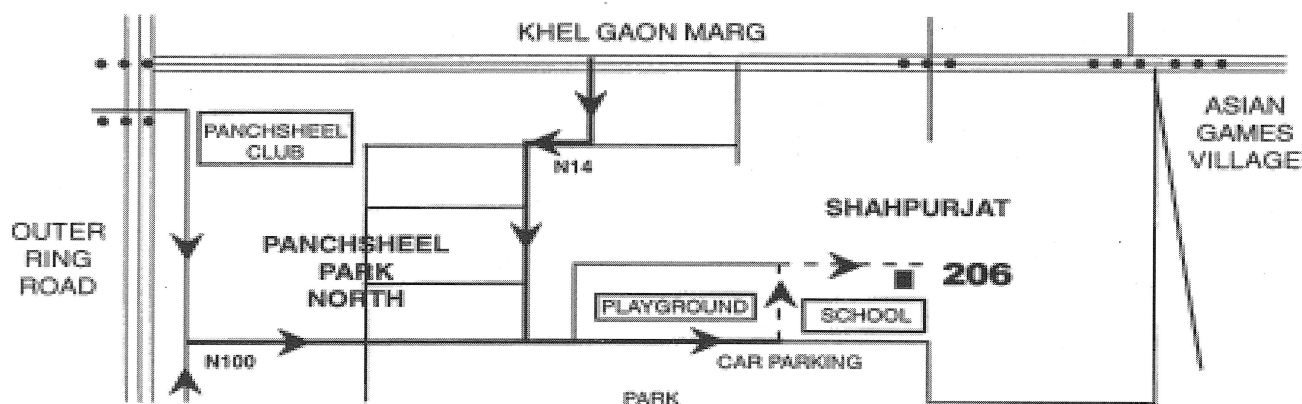
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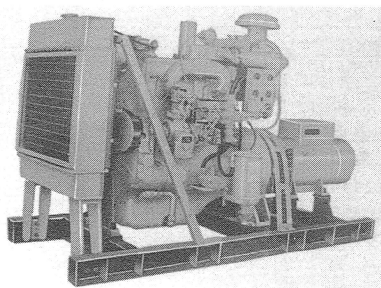


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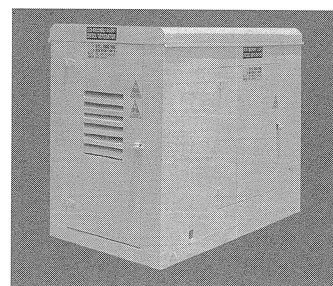
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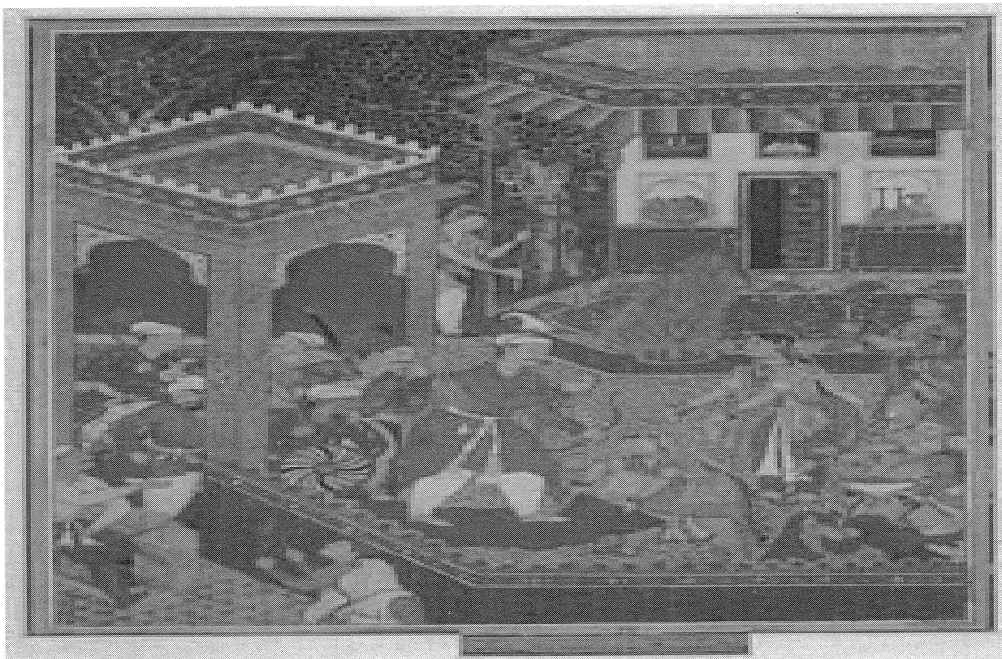
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**THE HEROES ARE GIVEN REFUGE
BY SENOWBAR BANU AND OMAR**

(India, Mughal, about 1570)

Folio from the Hamzanama (Tales of Hamza)

Opaque watercolor, gold, and mica on cotton

30 7/8 x 24 1/2 in. (78.5 x 62.3 cm)

From the Nasli and Alice Heeramaneck Collection, Museum
Associates Purchase, M.78.9.1

This scene depicts an episode from an epic whose hero is Hamza, warrior and uncle of the prophet Muhammad. One of a set of 1,400 paintings on cloth, this unusually large illustration was held up to view while the text relating the tale was recited aloud.

The Hamzanama was a favorite with Akbar (1542–1605), third Mughal emperor of India and an influential patron of the arts. The twelve volumes of the series were executed in his imperial atelier under the supervision of two Persian painters: Mir Sayyid Ali and Khwaja Abd as-Samad. These artists helped create the Mughal style, a new school of painting incorporating Turkish, Persian, and other painting traditions. Only about 140 works from Akbar's Hamzanama are known to survive. The painting exhibits Indian style in its attention to the women's postures and the folds of their clothing as well as to the intricate, naturalistic foliage of the tree trunks. The substantial architectural setting is also an Indian preoccupation, although its elements, the portico and pavilion, are Persian, as are the intricately patterned surfaces of wall, floor tiles, and roofs, the three-quarter profiles, and shading. Standard pictorial elements identify warriors, retainers, and attendants. Absence of linear perspective makes a lively contrast with the more naturalistically rendered figures and the foreshortened red carpet. The vertical tilt of courtyard and pavilion conveys the tumultuous entry of the heroes in the foreground, reaffirming the narrative action.

COME ON EVERYBODY



SHOP SHOP SHOP 'TIL U DROP DAY

GOING HOME FOR THE SUMMER AND WANT TO
STOCK UP ON PRESENTS FOR FAMILY AND
FRIENDS

OR SIMPLY WANTING SOMETHING FOR YOURSELF

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FOR THE DELHI NETWORK ANNUAL SHOP 'TIL
YOU DROP DAY

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SHOPPING AT ANY OF THE HYATT RESTAURANTS

SHOP 'TIL U DROP DAY

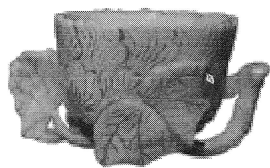
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the time)

The Wine Scenario in India



Wine has been known about and imbibed in India since prehistoric times. Artefacts of the great Indus civilization, contemporaneous with Egypt of the Pharaohs have indicated its use. Wine, then known as soma, was associated with Indra, the warrior god and the most popular deity of the Hindu pantheon. Soma was poured as a libation and drunk at religious festivals.

Macedonian colonies established in India by Alexander the Great, also propagated the wine (the British museum has a attractive silver wine bowl from this culture). Wines have been lauded in poetry for many centuries, the most famous example being the immortal verses of the renowned Indo-Persian master OMAR KHAYYAM (1048-1131) in his celebrated 'Rubaiyat'.

The wines have been lauded in poetry for many centuries. Many of these famous verses have been penned by the immortal Poet and writer of "Rubaiyat" Omar Khayyam in whose honour has been named this great sparkling wine.

And lately, by the Tavern Door Agape,
Came shining through the Dusk and Angle Shape
Bearing a Vessel on his shoulder ; and
He bid me taste of it ; and, 'twas - the Grape !

A Book of Versus underneath the Bough,
A Jug of Wine, a loaf of Bread - and Thou
Beside me singing in the Wilderness
Oh, Wilderness were Paradise enow !
Omar Khayyam

Royal Maharashtra Mousseux - Omar Khayyam presents a unique opportunity for wine lovers to taste and enjoy a very special product with its own outstanding pedigree. It can be appreciated as a wine for special occasions or as a compliment to Indian Cuisine since the natural qualities of the wine will balance the fragrant herbs and spices used in the preparation of the food.

Early European travellers to the courts of the grand Moghul Emperors, Akbar (1550 - 1605), Jehangir (1605 - 1627), and Shah Jehan (1627 - 1658, famous for building the 'Taj Mahal') have had the opportunity to taste the famous wines of Hyderabad, Surat and from the renowned royal vineyards in Maharashtra. Alas, no examples of these wines exist today. But many pictures and works of art including, particularly a gold coin ordered by Jehangir himself, brandishing a wine cup remain with us and bear testimony to the popularity and enchanting qualities of the wines of that era.



In the 19th century, under the British influence, vineyards were also established in Kashmir and Baramati, Maharashtra (land of the twelve soils). At the Great Calcutta Exhibition of 1884 a number of Indian wines were exhibited and favourably received.

But alas, in 1890 the Indian vineyards, as had happened to those in Europe were decimated by Phylloxera (a wine louse that destroyed most of the wines in the world). Despite a strong recommendation then, to the Imperial government of the day by eminent Professor Royle, that grafted American vine roots should be utilised, it has taken nearly a century for Indian vineyards to reach anything approaching their former glory. Wines have been made in India for some time. But Classic wines are new to India. By this we mean, wines made in the traditional French style, from specially grown grapes, root stocks of which are imported and grown on Indian soil. These are also referred to as "Authentic Wines", "French, Classic Wines" or "Fine Wines".

The current Renaissance of Classic Wines has taken place in the traditional areas of Maharashtra under the inspiration of Mr. Sham Chougule, chairman of the Indage Group Of Companies. With root stocks of Chardonnay, Ugni Blanc, Cabernet Sauvignon and Pinot Noir specially brought from France, vineyards have been re-established at a height of about 850 meters above sea level and a major state-of-the-art winery built, to produce exclusive Sparkling Wines by Methode Traditionelle, as practised in France.

Continued on next page

Wine culture in India has finally begun to grow, though at slow pace and is unfortunately mostly restricted to rich society and gourmet circles. This is perhaps because wine is an alien taste for the Indian palate except perhaps for the sweet port type wines we drink at weddings. Wine drinking attracts much snob value and those who have never tried it are afraid of seeming ignorant. They do not know what flavour to expect, often are unaware of such terms such as 'dry' or 'brut', 'medium-dry' or 'demi-sec' and 'sweet' or 'sec/doux'. Not surprising considering the fact that those who write on the subject assume that the reader already knows. Those of my friends who have drunk wine with me, all Indian wine, and time, will tell you that it is a wonderful you that one cannot learn to appreciate produce. Okay, so wine from traditional good. It is bound to be. But to write off the vast majority of new wine buffs who people have access to French or even understand and accept is that wine is an and only consistent drinking will educate happens when you offer our foreign guest (buttermilk)? He is out at sea initially, but third or fourth attempt I have known many him discussing the finer points of the points of paani puri ka pani as compared such as meetha/teekha chutneys. Wine will learn to discern the, delicate nuances and decide which of those you like and how.



many have been introduced to it for the first exercise, well worth trying. Let no one tell good wine if you begin with our home wine growing countries is exceptionally our local offerings is unfair. Especially for have to start somewhere. After all how many American wines. The important thing to acquired taste, your taste buds to the new flavour. What a glass of jal jira ? Or even some chaas as his palate absorbs the flavours, by the to have loved the drink! Soon you will find various versions of chaas and lassi, the finer to jal jira and the pros and cons of additives tasting is no different. After a few trials, you

A history of Mother's Day

By **HOLLY HILDEBRAND**

Houston Chronicle Interactive

The first celebrations in honour of mothers were held in the spring in ancient Greece. They paid tribute to Rhea, the Mother of the Gods. During the 17th century, England honoured mothers on "Mothering Sunday," celebrated on the fourth Sunday of Lent.

In the United States, Julia Ward Howe suggested the idea of Mother's Day in 1872. Howe, who wrote the words to the Battle Hymn of the Republic, saw Mother's Day as being dedicated to peace.

Anna Jarvis of Philadelphia is credited with bringing about the official observance of Mother's Day. Her campaign to establish such a holiday began as a remembrance of her mother, who died in 1905 and who had, in the late 19th century, tried to establish "Mother's Friendship Days" as a way to heal the scars of the Civil War.

Two years after her mother died, Jarvis held a ceremony in Grafton, W. Va., to honour her. She was so moved by the proceedings that she began a massive campaign to adopt a formal holiday honouring mothers. In 1910, West Virginia became the first state to recognize Mother's Day. A year later, nearly every state officially marked the day. In 1914, President Woodrow Wilson officially proclaimed Mother's Day as a national holiday to be held on the second Sunday of May.

But Jarvis' accomplishment soon turned bitter for her. Enraged by the commercialisation of the holiday, she filed a lawsuit to stop a 1923 Mother's Day festival and was even arrested for disturbing the peace at a war mothers' convention where women sold white carnations -- Jarvis' symbol for mothers -- to raise money. "This is not what I intended," Jarvis said. "I wanted it to be a day of sentiment, not profit!"

When she died in 1948, at age 84, Jarvis had become a woman of great ironies. Never a mother herself, her maternal fortune dissipated by her efforts to stop the commercialisation of the holiday she had founded, Jarvis told a reporter shortly before her death that she was sorry she had ever started Mother's Day. She spoke these words in a nursing home where every Mother's Day her room had been filled with cards from all over the world.

Today, because and despite Jarvis' efforts, many celebrations of Mother's Days are held throughout the world. Although they do not all fall at the same time, such countries as Denmark, Finland, Italy, Turkey, Australia and Belgium also celebrate Mother's Day on the same day as the United States.

Things only Martha Stewart would know:

1. Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.
2. Use a meat baster to "squeeze" your pancake batter onto the hot griddle and you'll get perfectly shaped pancakes every time.
3. To keep potatoes from budding, place an apple in the bag with the potatoes.
4. To prevent egg shells from cracking, add a pinch of salt to the water before hard-boiling.
5. Run your hands under cold water before pressing Rice Crispy Treats in the pan and the marshmallow won't stick to your fingers.
6. To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing.
7. To easily remove burnt on food from your skillet, simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on stove-top.
8. Spray your Tupperware with non-stick cooking spray before pouring in tomato-based sauces and there won't be any stains.
9. When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.
10. If you accidentally over-salt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant "fix me up."
11. Wrap celery in aluminium foil when putting in the refrigerator and it will keep for weeks.
12. Brush some beaten egg white over pie crust before baking to yield a beautiful glossy finish.
13. Place a slice of apple in hardened brown sugar to soften it.
14. When boiling corn on the cob, add a pinch of sugar to help bring out the corn's natural sweetness.
15. To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh, but if it rises to the surface, throw it away.
16. Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.
17. Don't throw out all that leftover wine: Freeze into ice cubes for future use in casseroles and sauces.
18. If you have a problem opening jars: Try using latex dishwashing gloves. They give a non-slip grip that makes opening jars easy.
19. Potatoes will take food stains off your fingers. Just slice and rub raw potato on the stains and rinse with water.
20. To get rid of itch from mosquito bites, try applying soap on the area and you will experience instant relief.
21. Ants, Ants, Ants... Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.
22. Use air-freshener to clean mirrors. It does a good job and better still, leaves a lovely smell to the shine.
23. When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, then pull it off. Scotch tape removes most splinters painlessly and easily.
24. Now look what you can do with Alka Seltzer. Clean a toilet. Drop in two Alka-Seltzer tablets, wait twenty minutes, brush and flush. The citric acid and effervescent action clean vitreous china.
25. Clean a vase. To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka-Seltzer tablets.
26. Polish jewellery. Drop two Alka-Seltzer tablets into a glass of water and immerse the jewellery for two minutes.
27. Clean a thermos bottle. Fill the bottle with water, dropping four Alka-Seltzer tablets, and let soak for an hour (or longer, if necessary).
28. Unclog a drain. Clear the sink drain by dropping three Alka-Seltzer tablets down the drain followed by a cup of Heinz White Vinegar - Wait a few minutes, then run the hot water.



Free Your Mind ...


TAJ
HOLIDAYS

58 Hotels

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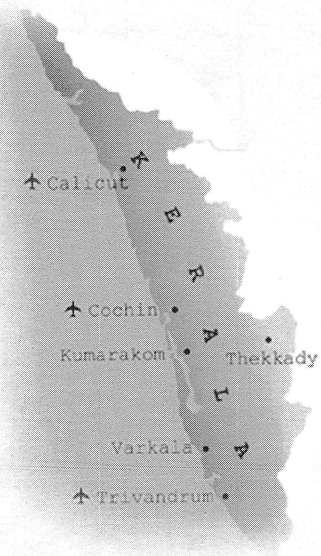
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The Taj Personal Travel Guide

The Palm Corridor
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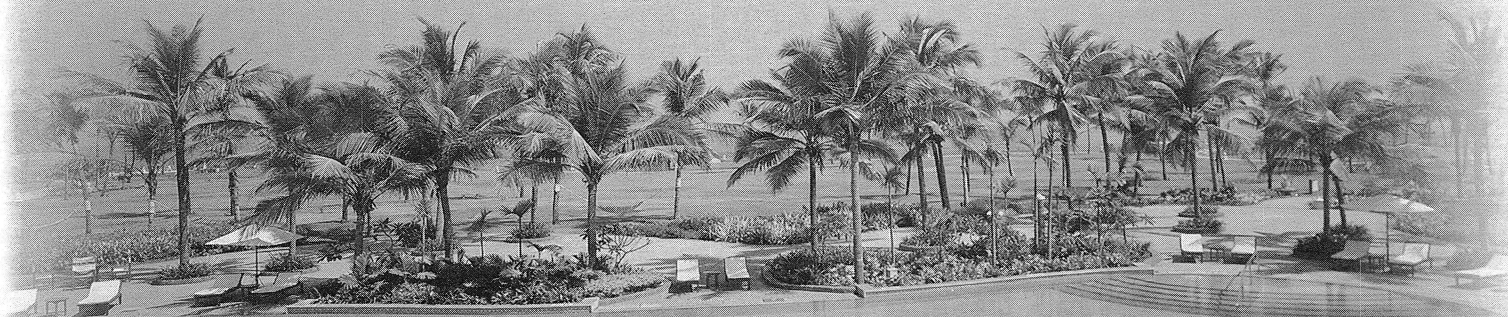
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A touch of inspiration..

A certain daughter complained to her father about her life and her things have been so hard for her. She did not know how she was going to make it and she wanted to give up. She was tired of fighting and struggling. It seemed that just as one problem was solved another arose. Her father, a

chef, took her to the kitchen, filled three pots with water and placed the fire on high. Soon the three pots came to a boil. In one he placed carrots, in the other he placed eggs, and in the last he placed coffee beans.

saying a word. The daughter wondered what he was trying to making this strange concoction. In the oven and turned down the placed them in the bowl. He pulled the bowl. Then he ladled the coffee out and placed it in a bowl.

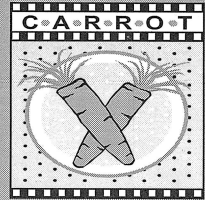
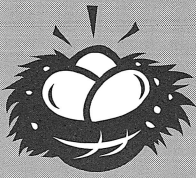
Turning to her he asked. "Darling what do you see."

Smartly, she replied. "Carrots, eggs, and coffee."

He brought her closer and asked her to feel the carrots. She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Her face frowned from the strength of the coffee.

Humbly, she asked. "What does it mean Father." He explained. "Each of them faced the same adversity, 212 degrees of boiling water. However each reacted differently. The carrot went in strong, hard, and unrelenting. But after going through boiling water, it softened and became weak. The egg was fragile. A thin outer shell protected a liquid centre. But after sitting through the boiling water, its inside became hardened. The coffee beans are unique however. After they were in the boiling water, it became stronger and richer." "Which are you," he asked his daughter. When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean? Are you the carrot that seems hard, but with the smallest amount of pain, adversity, heat you wilt and become soft with no strength? Are you the egg, which starts off with a malleable heart? A fluid spirit. But after a death, a break up, a divorce, a layoff you became hardened and stiff. Your shell looks the same, but you are so bitter and tough with a stiff spirit and heart, internally. Or are you like the coffee bean? The bean does not get its peak flavour and robust until it reaches 212 degrees Fahrenheit.

When the water gets the hottest, it just tastes better. When things are there worst, you get better. When people talk the most, your praises increase. When the hour is the darkest, trials are their greatest, your worship elevates to another level. How do you handle adversity? Are you a carrot, an egg, or a coffee bean?



GUARD/CHOWKIDAR

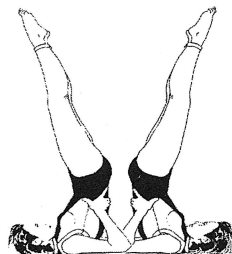
Arun and Bahadur have worked for me for the last 4 years and both have executed their duties with diligence and reliability. They are good-humoured, honest, and have never let me down. Besides being responsible for the security of the house, they have also kept my car, the parking spaces and the terraces spotlessly clean. They work well together, providing a 24 hour coverage between them. Neither require accommodation but both prefer to stay in the Vasant Vihar, West End or Anand/Shanti Niketan areas.

MALI/GARDENER

Iac Murari has also worked for me for 4 years/ he loves his job and has always endeavoured to keep the garden colourful and neat. He has a very pleasing nature, is always eager to please and it's a pleasure to have him around

FOR FURTHER DETAILS CONTACT SANDRA
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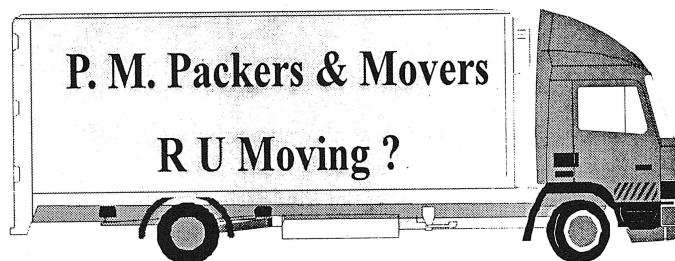


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Something to do

Aerobics

Mandy Dakin has been teaching aerobics for the last 10 years. Trained in London, she spent the last 7 years teaching a variety of classes in a large chain of gyms based in 'the city' of London. Her aim is to make fitness fun and accessible to all. She is now teaching at the following times and venues



Mondays at ACSA 6 7 pm

(Aqua Aerobics)

Tuesdays at ACSA 9 10 am

Wednesdays ACSA 6 7 pm

(Aqua Aerobics)

Tuesdays at the British High Commission
6.15 7.15 pm

Thursdays at ACSA 9 10 am

Thursdays at the British High Commission
6.15 7.15 pm

All classes are a mixture of mainly low impact and high impact moves followed by toning for the legs, abdominal, butt and upper body.

Tuesday evening's class at the BHC is body conditioning only.

For further information call Mandy on 614-5818. Please bring water and a mat to the class.

Margaret Kovac will be teaching Aqua Fitness

Monday Friday 9 am 10 am

Monday and Wednesday 6 pm 7 pm

(Excluding Holidays)

Open to New Delhi Expatriate Community.

Cost Rs 100 ACSA Members,

Rps 150 Non Members

For security reasons non-members names have to be on a list at the ACSA gate Phone Margaret Kovac at 6888223 ext. 226.



Adult Education

The American Embassy School offers evening courses.

Contact the school for current programme/fees. Tel: 611-7140 or 611-7146.

Spring session: Feb./March.

Fall session: September

Bridge

Ex-pat Bridge Group that meets on Mondays is looking for keen bridge players to join:

Call: Lynn Baynman 6877489

Rekha Sarin 684 0964

Annette O'Silva 506 4512



Babies and Toddlers

To all Mums feeling lonely, need a chat, or the kids are driving you up the wall? Call for social meetings for Mums and little kids, Ingrid Crookshanks on 98110 93622 or Manju Isaacs 649-1397.

Dance and Fitness Centre

In a superb wooden-floored studio near Lodhi Gardens, 21/A Amrita Shergill Marg. Classes include stretch, body toning, modern dance, jazz dance, aerobics and personalised fitness. Call Anne Devayani 463-6772.

DCWA

Delhi Commonwealth Women's Association is an international group which runs various social events as well as a clinic for the poor. They are always looking for items for the pharmacy. Call Amina Singh on 614-5986 or 614-6023 for details.

Delhi Christian Fellowship

Every Sunday at 9 am there is a church service at the Hyatt Regency Hotel with a Sunday School for children during the service plus bible study and a youth group.

French Lessons

By a French national and graduate of Sorbonne-Paris University. Beginners or advanced levels. Call Anne Chaymotty-Devayani on 463- 6772, fax 463-3404

French speaking

Groupe Francophone de Delhi. All French speakers welcome (whatever your nationality, whatever your level). This group runs an extensive range of cultural events, tours, lectures and get-togethers. Call Hélène Cazalet on 464-3682.

German Conversation Group

If you like speaking German, (any level) and want to keep up or deepen your knowledge, please join us. We meet every 2nd Monday at 3 pm. For information call Karin Weselscheid on 612-3405 or Brunhilde Gupta on 696-2708.

Glow

The Global League of Women is an organisation which promotes international friendships and understanding of different cultures. Call Serita Kakar 461-9627 for details.

Hindi Lessons

Chaya Bhattacharya is a qualified tutor and is also willing to teach on the Bhagvad Gita. Call 462- 4704.

Indian Cookery

Amita Khosla will teach you how to produce authentic Indian meals using ingredients available in the West. Call 469-2544 mornings.

Mah-Jong and Canasta Classes

Lessons with Risham Chawla, 2-4pm on Wednesdays at N-21 Panchshila Park.

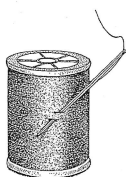
Costs Rs 250 per session for a four-session course. Proceeds go to charity. Call 649-7025.

Naviyoti Delhi Police Foundation

Runs a school and nursery in a slum area at Yamuna Pushta.

Volunteer nurses, health and nursery workers are needed.

For more information please contact Pamela Anderson on 410 3873



Needlenuts

Group meets Thursday 10.00-12.00 in different homes each week. Come and go as you please, work on what you like. Call Lynn Moss on 621-5065

Newcomers

Every Tuesday, 10-12 am, in Boardroom 2 at the Hyatt, to the right of the Ballroom, for an informative get-together over coffee and cakes. Oldies are also welcome to share their experiences.



Patchwork & Quilting Group

Meets every Monday morning, 10 am to 12 mid-day. Beginners welcome! Contact Phil Thomas on 506-5569.

Piano Lessons

American concert pianist Roberta Swedien has 28 years teaching experience and is giving lessons in her Defence Colony music studio. These lessons can include music history, theory, composition, form and analysis and performance as well as technique and repertoire. For intermediate and advanced students only. Call Roberta for details on 461-0918.



Tushita Meditation Centre

Women's spiritual development group, which meets every Wednesday at 10.30 am. They organise healing workshops on yoga, Reiki, tai-chi, etc. Teaching by Buddhist lama. Call Renuka Singh on 651- 8248 for details.

Scottish Country Dancing

Thursdays 8 pm in the British High Commission hall. Don't worry if you have two left feet! Contact Maureen Sachdev 463-3658 Ext. 207

Silk Painting

An introduction to silk painting. Learn the basic techniques using water based paint. Minimum time needed would be five mornings only. Instruction can be given in French, Dutch or English. If interested, please call Sylvie Kuenzi, phone 463-3644.



Spanish Lessons

Instituto Hispania offers classes in Spanish language, following a communicative methodology derived as a result of extensive number of studies in the field of teaching Spanish as a foreign language. The teachers are Spanish nationals as well as postgraduates from leading Indian and Spanish universities. Y-10 Green Park, behind McDonalds, phone 696-8016, 8043

UNITED Nations Women's Association

Offers a varied programme of informative and social activities, and supports a kindergarten for under-privileged children. For details call Nala on 615 3804 or Violetta on 696 4637

Yoga

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Mansoor and Susie Roy teach at Tushita Buddhist Centre. Private and group classes can be arranged. Please call Susie Roy 4652581



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Overnight trip to The Golden Temple at Amritsar

This is not a normal tourist haunt, and all the more enjoyable for that. A small group of us set off for Amritsar on the 7.20 am Shatabdi train from New Delhi Railway Station. We travelled A/C chair class, which was comfortable, and the price of the ticket included a hot breakfast, bottled drinking water and tea, with each passenger getting an individual flask of water. The journey took 5 hours and 40 minutes, and we arrived just a few minutes late. The taxi driver sent to meet us was waiting on the platform, we were easy to spot, being the only 6 non Indians getting off the train!! Ten minutes later we arrived at Mrs Bhandari's Guest House. As we drove through the gate, we were met by 3 tethered water buffalo, chewing quietly, and watching us intently!!!

The formalities of checking in were done in a very relaxed way, while we sat in the garden enjoying a beer, and some lunch. According to a well known guide book, the bedrooms are "stuck in a now very fashionable 1950's time warp", and are very clean, and homely. Mrs Bhandari was extremely helpful, and arranged our itinerary to make the best use of our time there. We relaxed in the large peaceful garden until our driver returned for our first excursion, a 35 kilometre drive to the border, to watch the Flag Ceremony, which takes place every day at sunset. It was quite an extraordinary affair, watched by hundreds of people, on both side of the border (the Indians have proper tiered grandstand seats, but on the Pakistani side, it was standing only. We were invited to sit on the high kerb, at the side of the road, definitely VIP seats, as we had an uninterrupted view. When the official ceremony was over, the flags lowered, and the border gates slammed shut (literally), there was a great surge of people to the gates. They stood shaking their fists, and shouting at the citizens across the border. We were assured that it was all quite good natured, but it certainly didn't look it!

On our return to the Guest House we were offered the use of a sitting room inside, or a table in the garden, to partake of the liquid refreshment (wine!) we had brought with us. The only man among us chose to have the offered beer. The weather was so pleasant at 7.30 pm, we chose the garden to enjoy our dishes of poached mango and cape gooseberries.

At 9 pm, our driver appeared to take us to the Temple for the Book closing Ceremony. Our first view of the temple, shining golden, in the floodlights, set in the large sacred lake (the pool of nectar) and surrounded by gleaming white marble buildings, was quite memorable. Despite the number of people there, and the continuous amplified chanting from the temple, there was a very peaceful ambiance. We wandered round, in our bare feet, with our heads covered, not quite blending with the locals, but causing no stares or comment.

The temple is reached by crossing a causeway and the entire building is richly decorated, and quite sumptuous. There was a lovely smell of roses in the temple, which was full of pilgrims praying, or just sitting soaking up the atmosphere. At 10 pm the Guru Granth Saheb, the most holy book of the Sikh religion, was wrapped in several layers of sheeting, and lifted into a palanquin, (palki) which was carried on the shoulders of devotees across the causeway to the Shri Akal Takht Sahib where it is kept till dawn. Heading the procession was a huge horn, blowing mournfully to announce the progress of the parade. We all agreed that it was a ceremony well worth seeing.

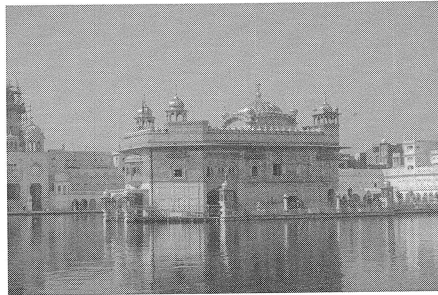
Back at the guest house we had coffee and tea served before retiring. As a real personal touch, we all had hot water bottles waiting in our beds!!! Breakfast was served outside and then it was off to do some more sightseeing, but this time by tonga (a horse drawn carriage). Our first stop was back to the temple, to see it in daylight, and explore it more thoroughly. We spoke to a few pilgrims, who all came from exotic places like, Wolverhampton, Hayes, and Birmingham (all

U.K.) with some from as far afield as Canada and the USA. After a couple of hours there, we were taken to various markets, by our driver, who seemed to know just what we wanted to see, and then it was lunch time. We had the name of a chicken restaurant in Lawrence Road, but we failed to find it. However the driver found one of a similar name, and as it was new, and clean we decided to give it a go, the food was all freshly cooked, and tasty. There was even a proper flush loo!!!

After that we visited the Jallianwala Bagh, a park only 5 minutes walk from the temple. The park commemorates the 2000 Indians who were killed or wounded, shot at indiscriminately by the British in 1919. This was one of the major events in India's struggle for independence and was movingly created in the film "Ghandi". The story of this appalling massacre is told in the Martyr's Gallery. By now it was time to return to the guest house, pay the bill, and head back to the station. There are several more temples we didn't have time to visit, but felt we had definitely filled our 2 days well. The Shatabdi whisked us back to Delhi, and we seemed to spend the whole journey being fed !!!We all ate the local food, and the meals on the train, with no ill effects.

We stayed in Mrs Bhandari's Guest House 10 Cantonment Amritsar. Phone: 0091-183-228509/225714, email payal@mol.net.in I must stress that this is not a hotel, so do not expect anything more than simple local hospitality, but the staff are friendly, and the whole place (including the buffalo quarters) very clean.

We had lunch at Surjit Chicken House 4-Nehru Complex, Lawrence Road. Phone 222523
Contributed by J. Grant





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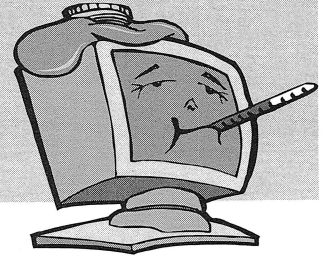
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COMPUTER PAGE.



=== Computers 101 ===

Q:

I get the error message, "This program has preformed an illegal operation and will be shut down". Why does this keep happening?

A:

It can happen for a variety of reasons. In my experience, most of the time it's due to a software conflict of some sort, usually with a program that's running in the background.

If you find you have a bunch of stuff sitting in your system tray (it's the little box opposite the Start button on the taskbar), you may find that shutting down some of those programs will help tremendously (most have an option to shut down if you right-click their icon). It's usually one of them that's the culprit (RealPlayer causes *lots* of problems), especially if the program with the problem seems to be the only thing running.

You can also use the CTRL-ALT-DEL key combination to shut programs down manually, but you also run the risk of accidentally shutting your computer down (Don't close Explorer or Systray). Only do this after you've shut down all your system tray icons and are continuing to have problems.

If you shut all of those background programs down and still haven't resolved the conflict, you may have a Windows driver that's messing things up. Try booting to Safe Mode and running the program. (To get to Safe Mode, hit the F8 key just as Windows starts to boot, before the first Windows loading screen comes up). If all works well in safe mode, you may have to re-install or update your drivers.

Another possibility is the program has a corrupted file. Try uninstalling then re-installing the program.

If you're still having problems, contact the program's vender and see if they know what's going on. Although they may not be able to help you,

it's still worth a try. Keep in mind that every computer is as unique as you and I once we start using it, so sometimes even the guy who wrote the program won't know why it's causing a problem on your machine and no one else's.

I can usually resolve the illegal operation problem by taking the steps above. Don't panic if you see this error message crop up from time to time at random intervals. It happens, usually after Windows has been running awhile without a re-boot. Only take the actions above if the problem appears every time, or almost every time, you use a particular program.

Lots of newer computers display a "splash" screen when you first turn them on. Usually it's the name of the manufacturer of your computer. I guess they worry that if they don't run it every day, you'll forget who built your computer or something. Anyhow, if you've ever wondered what's behind the screen, you're in luck. Most computers will drop the splash screen if you hit the Escape key.

Oh, this also works if you want to see what goes on behind the Windows splash screen during the loading process.

If you have access to the internet I can recommend this site

<http://www.coolnewsletters.com>

Kathy Pritchard.

Notice board

REVISED LIST OF SALE ITEMS

- WALL TO WALL CARPETS, 7 ROOMS, 5 PERIWINKLE AND 2 MAUVE, COMES WITH PADDING, IMPORTED FROM U.S., PRICES RANGE FROM Rs. 9,300 14,000.
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- DUST BUSTER, 220V, BLACK AND DECKER, \$15
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- Multi-System VCR: JVC, perfect condition, \$350, available end of May.
- Nokia Cell Phone: One year old \$160., available end of May.
- Two Kids Bicycles: Needs cleaning up, \$20 each. One has training wheels.
- Microwave Oven: Panasonic, large, 110v, with turntable, available end of May, \$200. (firm)

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8. Baby Front Carrier brand new (German) Rs 800/-
9. Baby Front Carrier (Thai) Rs 500/-
10. Luxurious GESSELIN Baby Pram, air-filled tyres, incl. sun umbrella and various other accessories, 8 months old, hardly used (German) Rs 20,000/-
11. REMSON Electric Kettle Rs 500/-
12. ORION Video Cassette Player, mono Rs. 1,500/-
13. SIEMENS Phone / Fax / Answering Machine Rs 5,000/-
14. NOKIA Handphone (banana-shape, 4 years old, battery weak) Rs 1,000/-
15. MOTOROLA Handphone V3688, 1.5 years old, 2 batteries, desktop charger Rs. 8,000/-
16. CANON IXUS X-1 APS camera, 5m water resistant, 6 months old Rs. 12,000/-

Available only after End August '01

1. CANTON Dolby Surround Speaker Set, 4-8 Ohm, 140W (5 pcs) & CANTON Passive Subwoofer (Swiss made) Rs. 40,000/-
2. CD-Racks (metal, 2 pcs., modern design), approx. 76 CDs each each Rs 2,000/-
3. Dining Set (in black Rod Iron & light Cedar wood modern design)
 - 1x Round Glasstop Dining Table (Ø150cm)
 - 6x Chairs
 - 1x Crockery Cupboard Rs 30,000/- (Set)
4. 2x Rod Iron Easy/Lounge Chairs with matching small glass spiral table (Ø 45cm) Rs 10,000/-
5. Black Leather Couch (5 seater, L-shape, made in Germany) Rs 80,000/-
6. Baby Car Seat cum Rocker (ROMER-Safe, German)Rs 2,500/-
7. Baby Bottle Steriliser (max. 6 bottles, German) Rs 1,200/-
8. SIEMENS Deep Freezer, ca. 82 x 113 x 60 cm (h x l x w) Rs 18,000/-
9. 2x SIEMENS Fridge, ca. 140 x 59 x 50 cm (h x l x w) Each Rs 15,000/-
10. GODREJ Cooking Range (glass/electric combi.) Rs 9,000/-
11. INALSA Juicer/Food Processor Rs 1,200/-
12. Rice Cooker Rs 1,000/-
13. Vacuum Cleaner & vacuum bags (German) Rs 1,500/-
14. SAMSUNG Digital Washing Machine (8 months old), front loader Rs 15,000/-
15. Baby Life-Guard (monitor against SIDS, German) Rs 8,000/-

**For enquiries on electronic items, please call Michael Schneider 98102-64979,
all others please call Siew Ling 98102-53499**

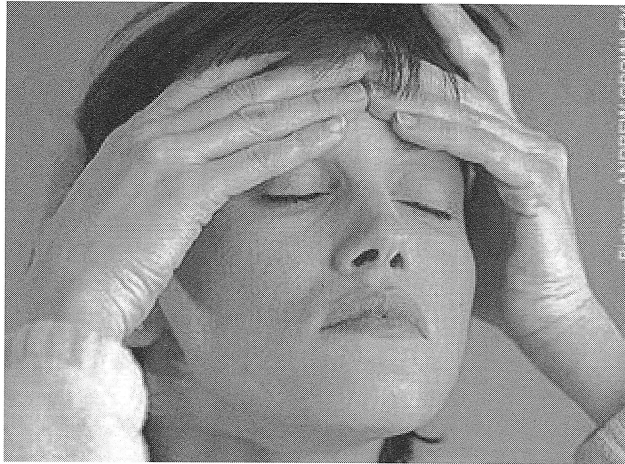
Regain your lust for life

Many women feel tired all the time. But there are ways to beat the energy crisis, says Barbara Lantin

"WHEN was the last time you were beside yourself with excitement and exploding with vitality?" asks Debra Waterhouse. She knows the answers most women will give, once they have stopped laughing: so long ago that they cannot remember, or in a dream they had recently. All stressed out: women are suffering from increased levels of exhaustion. Women, says Waterhouse, are suffering from an energy crisis on a huge scale. Stressed and exhausted from juggling the demands of family and work, they have forgotten how to take care of themselves. Their energy tanks are close to empty and they are in danger of careening downhill to an abrupt halt unless they change course.

Eighty per cent of women say they feel exhausted on a daily basis, and 50 per cent wake up feeling sad and not looking forward to the day," says Waterhouse, an ebullient Californian with a background in nutrition and public health. For her latest book, she asked 200 women to rate their energy level on a scale from one (semiconscious) to 10 (unstoppable). The average was four (running out of steam, almost dead on my feet). The respondent reckoned that their average five years ago was eight (productive, efficient and raring to get to the aerobics class). "Women's levels of stress and fatigue are growing all the time," says Waterhouse. "Life is getting a lot harder. We work 85 hours a week between home and career - more than two full-time jobs. We do 1,473 hours of housework a year - the same amount we did in the Sixties when most of us did not have an outside career. "The body is like a battery: energy in has to equal energy out. But what we are putting in isn't coming close to what we are expending, and that is why we are so tired. We are overworked, over-stressed and over-scheduled and at the same time undernourished, under-rested and under-exercised." Waterhouse has come up with eight strategies for naturally restoring the body's energy. "

She does not advocate energy enhancers such as caffeine, supplements or herbs. Nor does she suggest ditching your husband, changing jobs or leaving home. "Your fatigue is not telling you that you need a new life,



Picture: ANDREW CROWLEY

But a new outlook on life," she says. "The smallest things can make the biggest difference. Try starting the day with a 'not to do' list. Don't make the bed, for example. Or cancel a lunch meeting with a friend who is going to stress you out. It is very difficult to do less, so replenish yourself more

Eat well

Food is the most important weapon in the war against fatigue, says Waterhouse, and women are not getting enough. She urges us to throw our diet sheets out of the window and learn to eat all kinds of foods in moderation. Most of us, she claims, need more protein, fat and carbohydrates than we are getting. Eat little and often, and only when hungry.

Drink plenty of water

Fatigue is the first and most common sign of dehydration. As your blood volume decreases, your heart pumps harder to oxygenate your body; you develop a headache and your legs feel like lead. On average we need about three pints of water a day to replace what we lose. Keep a glass of water by you while you work and a bottle in the car. Have a glass with meals and designate three other times as your regular water-drinking slots.

Take exercise

Exercise not only increases production of endorphins (the feel-good brain chemicals), it reduces anxiety and depression and improves memory, imagination and sleep quality. If you cannot build a formal exercise regime into your week, remember that mowing the lawn, gardening, vacuum cleaning and running up stairs are all energising.

Get close to nature

There's nothing like being close to nature for recharging the batteries, says Waterhouse. "Nature quickly restores our energy and outsmarts our fatigue because it is pleasing to all five senses." Get out of doors more. Sunlight has been found to release brain serotonin (thus improving mood), reduce stress, enable our bodies to make vitamin D (essential for healthy bones) and calm PMS and menopausal tension. Bring nature into your home: plant a herb garden on your windowsill, buy flowers, relax to tapes of the sea.

continued on next page

Sleep well

If you always doze off in the cinema or when reading, watching television or being driven in a car, you are "sleep-deprived". Try adding 15 minutes of extra sleep a night until your energy levels rise. To improve sleep quality, avoid coffee after 4pm and alcohol - it knocks you out but reduces good dream sleep. Don't go to bed empty - hunger releases adrenaline - or too full: stomach acid production can interfere with sleep. Try a light snack half an hour before bedtime: crackers, cereal, muffins or bananas. Drink a spoonful of honey dissolved in warm milk: the sugar releases serotonin and the calcium in milk aids drowsiness.

Get intimate

Waterhouse defines intimacy as connecting with yourself and others on a meaningful level. She suggests spending more time with friends who make you feel good; taking up a cause; getting in touch with your spiritual side; improving your sex life; giving yourself treats, such as a massage, facial or manicure. Above all, it means doing anything that improves your self-esteem.

Find your sense of humour

"Happy, optimistic people have cleaner arteries, less cancer, fewer colds, a stronger immune system and more energy and live longer," says Waterhouse. "So welcome laughter into your life." Watch television comedies, download internet jokes, talk to funny friends. Get together with other women - they laugh 127 per cent more than men. Studies have shown that the bigger the group, the more fun you'll have.

Reduce stress

The hardest part of the battle against exhaustion is slowing down the pace of life, shedding responsibilities and cutting your to-do list.

Waterhouse suggests:

Making Sunday a real day of rest.

Designate a quiet time in every day.

Relax - by meditating, reading, doing yoga.

Tell everybody that you are going away - and stay at home.

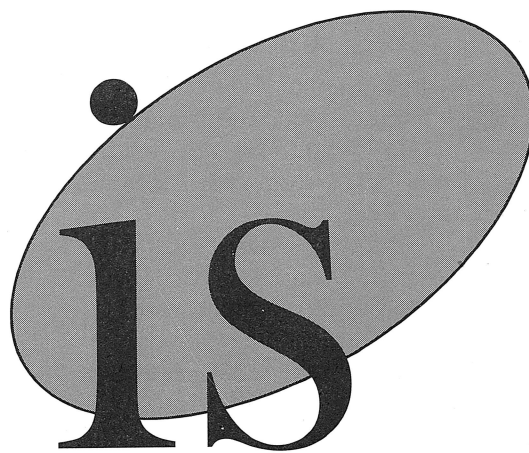
Do less:

let somebody else do it; eliminate unfulfilling obligations; schedule your calendar to make life more enjoyable; start saying "no".

From Tired to Inspired by Debra Waterhouse
(Thorsons) is available at Amazon..com

*The house of
exquisitely hand
crafted furniture*

*Restored antiques
and reproductions in
the finest traditions of
Indian Craft*



inner
space

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Tel : 469-1164, 462-7419**

SPORTS



Delhi Hash House Harriers

Regular runs on Monday evenings and Saturday afternoons. Family runs on some Sundays. Call the Community

Liaison Officer (CLO) at the British High Commission on 687 -2161



Ballooning

Ballooning Club of India, 8B Bahadur Shah Zafar Marg, 331-7977.



Bowling

Facilities at Qutab Hotel, Little Paradise (12/7 Mathura Road, Faridabad), Bawa Sports Complex (Kishangarh, Mehrauli), Leisure Bowl (Aruna Asaf

Ali Marg, Vasant Kunj); and First Bowl at 32nd Milestone Complex (Delhi-Jaipur Bypass, Gurgaon).

Delhi Tourism (3314229) provides facilities for:



Cycle Tours

Amar Jeet Singh 336-5358, 336-3607
Adventure Tourism



Pedal Boating

Old Fort moat, India Gate moat 9 am to 6 pm. Rs. 40 per half-hour.

(Rock climbing September to December)



Martial Arts

Choi Kwang Do / Tae-kwon-Do
Martial Arts Instructor
Amit Bhargava
Tel: 6495322
Pager: 9632112440
Mobile: 9810248875



Shooting

Dr Karni Singh Shooting Range, Surajkund Road, Tel: 698-6802



Football

Various embassies have joined together to form a soccer competition. Contact your Embassies for details.



Gliding

Daily rides from 1 pm til sunset every day except Wednesdays. At Delhi Gliding Club, Safdarjung Airport (phone 463-8052). Cost of flight per person Rs.75.



Golf

Delhi Golf Club
Dr Zakir Hussain Marg, tel. 436-2768 or 436-2235



Polo

Army Polo & Riding Club, Tel: 569-9444/555
The Indian Polo Association,
Tel: 301-5604
Polo Season: October-February



Ladies Open Tennis at AES

Every Tuesday and Thursday morning from 8.30-11.30 at the American Embassy clay courts (entry Gate 3). No need to call first. If you know how to play, just turn up with your racket, ready to enjoy the game and the company. Players at all levels (other than absolute beginners) are most welcome. Lessons for beginners are available through the DLTA (details given below). Get started and then come along too!

Delhi Lawn Tennis Association, Africa Avenue, Telephone 617-6140 or 619-3955

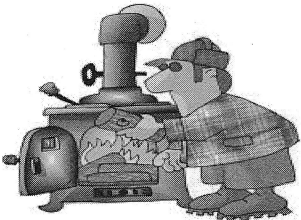
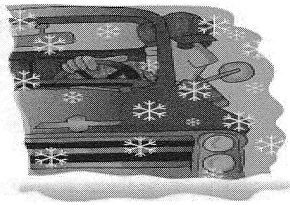
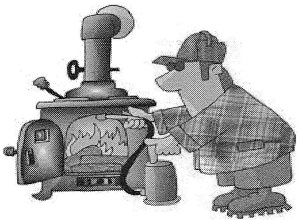
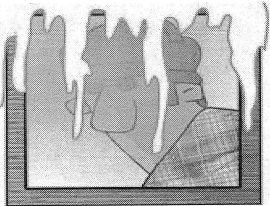
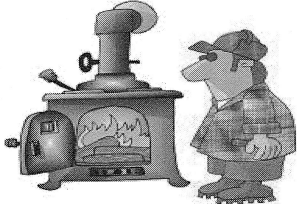
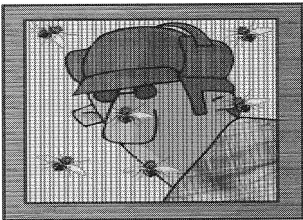
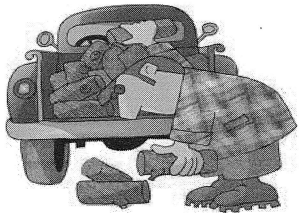

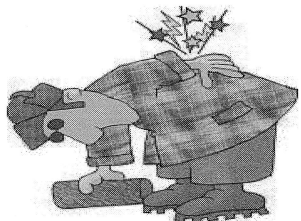
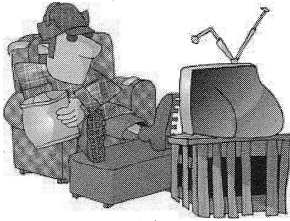

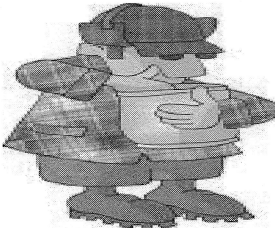
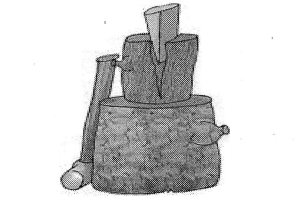
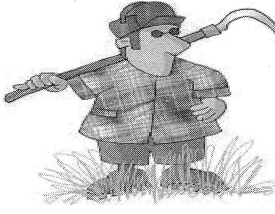


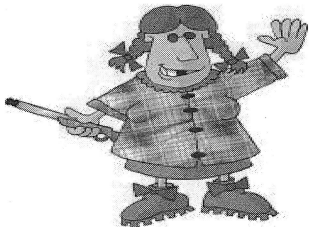

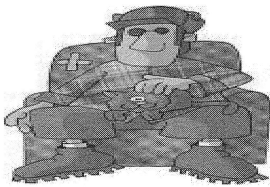

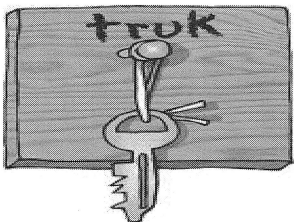

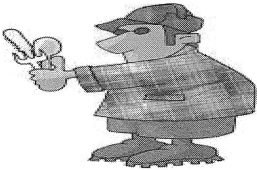

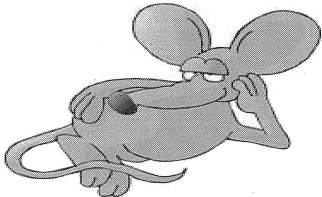

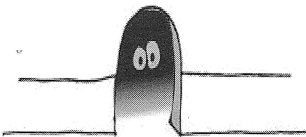
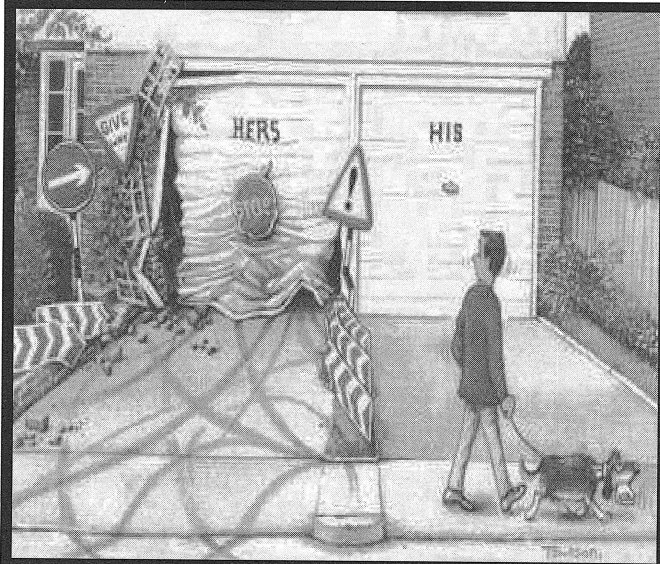
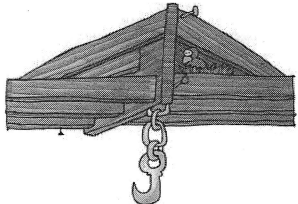
Sailing

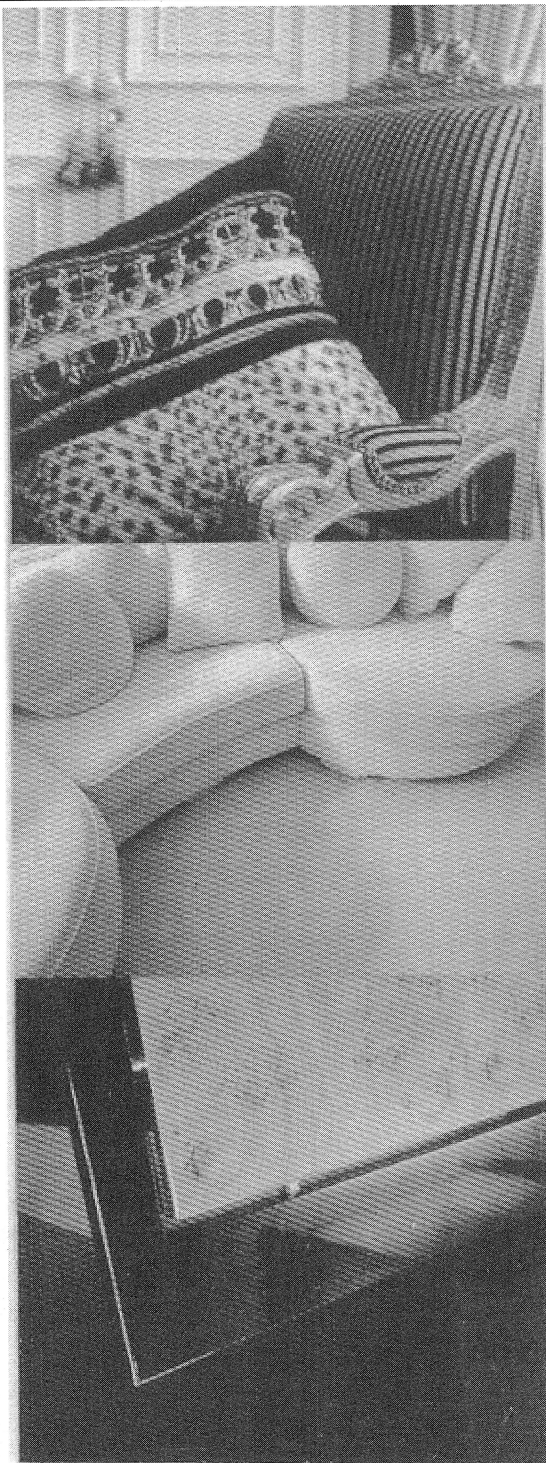
Defence Services Sailing Club,
Tel: 301-9604

Help us keep the Newsletter up to date. Let us know if you discover any new activities to add or items to change if they are out of date. Drop your comments off at the Delhi Network Office or call one of the Editors.

Technology for Country Folk

<p>LOG ON:</p> <p>Making a wood stove hot</p>		<p>HARD DRIVE:</p> <p>Gitten home in the winter time</p>	
<p>LOG OFF:</p> <p>Too much wood on fire</p>		<p>WINDOWS:</p> <p>Whut to shut when its cold outside</p>	
<p>MONITOR:</p> <p>Keep'n an eye on the wood stove</p>		<p>SCREEN:</p> <p>Whut to shut when its black fly season</p>	
<p>DOWN LOAD:</p> <p>Gitten the farwood off'n the truck</p>		<p>BYTE:</p> <p>Whut dem dang flys do</p>	
<p>MEGA HERTZ:</p> <p>When yer not keerfull gitten the farwood</p>		<p>CHIP:</p> <p>Munchies fer the TV</p>	
<p>FLOPPY DISC:</p> <p>Whatcha git from tryin to tote too much farwood</p>		<p>MICRO CHIP:</p> <p>Whut's in the bottom of the munchie bag</p>	
<p>RAM:</p> <p>That thar thang what splits the farwood</p>		<p>MODEM:</p> <p>Whatcha do to the hay fields</p>	

<p>DOT MATRIX:</p> <p>Ole Dan Matrix's wife</p>		<p>PORT:</p> <p>Fancy flatlander wine</p>	
<p>LAP TOP:</p> <p>Whar the kitty sleeps</p>		<p>ENTER:</p> <p>Notherner talk fer "C'Mon in y'all"</p>	
<p>KEYBOARD:</p> <p>Whar you hang the dang truck keys</p>		<p>CLICK:</p> <p>Whut you hear when you cock yer gun</p>	
<p>SOFTWARE:</p> <p>Dem dang plastic forks and knives</p>		<p>DOUBLE CLICK:</p> <p>When you cock the double barrel</p>	
<p>MOUSE:</p> <p>What eats the grain in the barn</p>		<p>REBOOT:</p> <p>Whut you have to do right before bedtime, when you have to go to the outhouse</p>	
<p>MOUSE PAD:</p> <p>That's hippie talk fer where the mouse lives</p>			
<p>MAINFRAME:</p> <p>Holds up the barn roof</p>			



Inline is an international design company based in the UK , with offices newly opened in New Delhi. We have had many years of experience working with Indian manufacturers and now boast excellent facilities of our own and an extensive work force of trained and highly skilled craftsmen.

We undertake all levels of interior design related projects, from the design and manufacture of individual furniture pieces, soft furnishings and fabric related items, accessories, lighting, rugs, upholstery; right through to full turnkey projects for both domestic and commercial installations.

Our teams of carpenters, electricians, plumbers, masons, plasterers and painters are pleased to take on refurbishment projects, which will be executed proficiently and to a high standard of finish.

We manage full design packages for overseas projects and are currently working in the UK, Spain and the Middle East. In all of these projects we successfully incorporate products made in India, giving our clients the chance to enjoy the wonderful work still crafted in India, whilst realising budgetary demands.

Please contact us for a free initial consultation or for a brochure of our work on

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Facsimile 618 8794
Mobile 98101 24917
email Ms.knowles@btinternet.com
preeti@intrading.co m

in.line.

B6 / 62 Safdarjung Enclave New Delhi
By appointment please

A Message from the AWA's Domestic Staff Registry:

The Delhi Network has kindly allowed us to include this year's Servants' Salary Survey Questionnaire as a flyer with your April magazine. We urge you to fill it in completely and return **no later than April 27** to either the Delhi Network office or the AWA's Office at Gate D of the American Embassy Compound on Panchsheel Marg. Results will give us an overview of the situations and salaries being paid to servants in our community. Tabulations and report will be available in May.

I would like to take this opportunity to remind you to provide your employees with their reference letter well before you leave Delhi so that we can call to verify. *Alternatively, please provide an international email address.* We will not register letters into a file unless we can verify them. In writing your letters, please give as much detailed information as possible: How large is your family/home? Can your cook read and follow English recipes? Does your driver also maintain your automobile? Does your ayah know any first aid?

If you don't feel comfortable writing "the truth" as you see it in your employee's reference letter, **please take the time to write directly to our office.** Although it would be unnecessary to put everything that bothered you about your employee into a letter, it is important that the Registry be made aware of certain facts that will aid the incoming expatriate to find suitable staff.

The DSR needs you to let us know when you terminate a staff member's employment, for whatever reason. You can't imagine how many times we hear, "I'm on my third cook." If you hired an employee through the Registry (or even if you didn't get them through the Registry), did you send a letter telling us of your bad experience? If a cook has been caught padding grocery bills or a driver caught siphoning and selling petrol and is fired, we can't warn others or put that information into his/her file unless the employer writes to us.

Obviously, hiring a virtual stranger to work in your home or to take care of your children is tricky business. Personalities are key. The DSR wants to have only qualified, trustworthy people to work for you, but we need your help. If you ever have questions or concern, you are always welcome to call or drop by (bring your passport for entry) and speak with our Secretary, Barnali, or one of our volunteers on any Wednesday, Thursday or Friday morning.

If you would like to volunteer your time to work at the Registry, we would be happy to train you. Please give us a try and meet the other volunteers who have helped this year. Our thanks go out to the following volunteers (*not AWA members).

Mary Jo Allman	Ingrid Crookshanks*	Patricia Hansman	Diane Prasad*
Elsy Bell	Heather D'arcy*	Tina Hynd*	Jane Stevens*
Sharron Bromley*	Chris Foster*	Carolyn Jarreau	Ry Rhee
Karen Brown	Sarah Grocock*	Sylvia Johnson*	JackieVanOmmen*

Many thanks,
Janet Golden, Chair
AWA's Domestic Staff Registry
419-8509

Welcome to Delhi Network

Deborah & Phillip Balmer
New Zealand 680 3710

Noura & Malek Barakat
Kuwait 50 6358

Myria & Norbert Baranger - Finkel Shukpreet
French/ German 611 6024

Kanwar Bhutani
American

Agneta & Jan Campbell Lydia
Swedish 614 0001

H.F. Dhillon
Canadian 682 9758

Basima & Awad Al-Serhan Fhaid
Jordanian Polish 614 5719

Irena & Guglielmo Galli
Italian 98 112 08669

Andrew Goode
British 618 3632
Monique Edward Gore
American/ British 686 7007

Helen & Richard Groves British
Lyn & Kerry Groves Australian
688 8223

Camilla Ishoy
Danish 651 6428
Kyoko & Takashi Itagaki
Japanese 410 7271

Julie & Ian Jackson
British 687 2161

Janet A. & Gordon Jenkins
Canadian 98 103 31154

Carol & David Lawson
Australian 688 8223

Kathy Agustin Litvak
American

Dr. Gudrun Lowner
German 614 3223
Vinea Peteova
Bulgarian 626 1668

Shelagh & Shane Rosenthal
Canadian/ British 410 3920

Shelly & David Tait
Canadian

Kimiko & Takashi Takashita
Japanese 465 1494
Kiran & Surinder Taneja
British 406 6524

Alix Willson & Emile M. Badawy
Australian 98 102 43391

Natalie Ruprecht
Australia 612 1234

Alexandra Reelick Esther
Dutch 98 101 59710
M.K. Premkumar
American 688 7397

Yongsin & Erwin Baenteli
Korean/ Swiss 611 8086

Louise & Gregory J. Capone
American

Akie & Seiji Ota
Japanese > 651 1822
Emiko & Akira Endo
Japanese 614 2315

Sari & Ari Parviainen Danish
Finnish 98 112 10024

Suzana Zeljko Djakovic
Yugoslav 467 2734

Karin Alvrechtsen & T. F. Astrup
Danish 611 4094

Sandra Paul Power
Australian

Sharron & Richard Bromley
Australian 615 1497
Naila & Bob McKerrow
Kazakh/ New Zealand 615 5282

Axelle Cohu
French 465 4454
Priya Gupta & Bhushan Kumar
Canadian 631 1682

Milagros & Hansruedi Rentsch-Tizon
Swiss 680 1785
Leya & Christopher Lambert
British 680 4804

Roisa & Mika Korhonen
Finnish 98 104 14272

SERVICES

ANIMAL SHELTER/VETERINARY HOSPITAL

Jeevashram provides programs to control stray animals, a hospital, operating theatre, mobile dispensary, private boarding. Contact **Angela Garnett** for more information on 556-3696 or 556-4114

CATERERS of Continental Cuisine

Bon Appetit organises private and corporate lunches, cocktails, barbecues and dinners. They also undertake all other party arrangements.

For further enquiries, please contact:
Raymond Wasser
Tel: 687-3133
Mob: 9810092725

CHICKEN

MESH - Maximizing Employment to Serve the Handicapped is an organisation responsible for marketing products made by disabled people in India. MESH can deliver fresh chickens to your home. Especially good for roasting, the chickens are raised in animal friendly conditions to International standards. For more details, or to place an order call 696-5039 or 656-8048

DOMESTIC STAFF REGISTRY

Located in the American Embassy compound, Gate D. It is a source in New Delhi to help find household staff, which has experience in foreign households; open to those holding a foreign passport. You can come by:

- for interviews : Wednesday and Friday 9.30 to 12.00 noon (last interview at 11.45 am)
- for registration : Thursday 9.30 to 12.00 noon (last documents accepted at 10.30 am).

Call for further details or with questions on 419-8000, ext. 413. Need help writing a reference letter come see us too. We're also looking for expat volunteers to staff the Registry who have had experience with staff themselves and can give good advice.

FOOD AND DRINK

Kingsbarn is a leading name in the UK for exports of top quality goods and services to embassies and expatriates. For further details, contact Kingsbarn at 649-7025.

FURNITURE

Visit Fusion Design Pvt. Ltd.'s showroom at V 39/24 DLF, Phase III, Gurgaon, Haryana. Please call for an appointment or a visit to your home or office. Fusion Design specializes in traditional and modern European furniture designs in sofas, chairs, dining tables and chairs, beds, mattresses, cabinets, desks and so on. Special orders will also be undertaken at your request. Call Rhonda Williams on 9810194512 or email fusion_design@compuserve.com for an appointment.

JEWELLERY

Risham Chawla makes unique jewellery either to your design or hers with semiprecious stones, glass, ceramic and silver beads and finished with good quality fittings. Call Risham for details at 649-7025.

PET CLINIC

5:00-7:00 pm, 2nd Sunday of every month. Local veterinarians are available for check-ups and vaccinations at the Domestic Help Registry at the American Embassy Compound, Gate D. Open to all expats in Delhi. Contact Karen Wald at 419-8331 (O) and 614-3719 (H) and Judy Nay on 461-1911. Some pet items are available.

PHYSIOTHERAPIST

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For all circulatory and muscular problems.
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TRAVEL

INDIAGO Your own European Travel Operator in New Delhi. Indiago is run by British ex-pat Mrs Lesley Marsh.

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World class hospitality with a

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aromas that await your discovery.

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